



SAINTS,

It's hard to believe but the season which brings so much joy, the season which you've been lying in bed at night anxiously dreaming of, the season you've been counting down the days since it ended months ago, is fast approaching. I am, of course, referring to football season. Hello, my name is Charles (C.J.) Gifford and I will be taking over as head football coach as Coach Laubenstein brings his Hall of Fame career to a close and moves towards retirement.

I am excited to get things rolling and prepare for a successful 2019 season. Success for any high school athletics team begins in the same place, the weight room. The weight room on campus will be open throughout the summer. If you are a local student, we will arrange a time to get as many football players working out together as possible. For students unable to get to campus over summer break, a workout schedule will be made available to you. During camp this year you will be competing for the title of "Iron Man" where you will be scored on Bench Press, Squat, Power Clean, 40 Time and Shuttle Run. Come prepared!

When making decisions this summer remember, student-athletes take on the responsibility of being representatives of our school and are expected to act accordingly; drinking, smoking, drug use or any other illegal behavior will not be tolerated.

Athletes will report to camp Sunday, August 11 at 3 PM. We will be having a short meeting with athletes and parents in the Annex at 4:30 pm. Practice will begin on the morning of August 12.

A COMPLETED PHYSICAL IS REQUIRED TO PARTICIPATE IN PRACTICE!

Camp is going to work a bit differently this year. The first week of camp will be from August 12-16. Athletes may stay with family/friend locally or in the dorm (\$100 will be charged to cover food/boarding cost for the week). The second week of camp, August 19-23, classes will be meeting with abbreviated times to allow practices.

You will need the following when you come to camp:

Running Shoes

Cleats

Haircut (helmets will be passed out the first day of camp, if your hair is too long it will not fit correctly)

Mouth guard (available for \$1)

Pillow and Bedding (if staying in the dorm)

Plenty of socks, underwear, athletic shorts, and t-shirts

Hygiene material (deodorant, body wash, toothbrush, toothpaste, etc)

Additional information will be posted in a Google Classroom. Parents and Athletes can join using the class code: kwd1vp

Looking forward to a great season.

In His Service,

Coach C.J. Gifford